

## Shopping made easy:

# Later life

In your 70s and 80s, changes can occur which result in a smaller appetite, reduced food intake and less efficient absorption of nutrients. We've put together a list of basic shopping items, which you can incorporate into your regular shopping list, to help you make the changes required to achieve a balanced diet.

### Our top 10 shopping basket items to base your meals around:

#### essential Waitrose

- ☐ Porridge oats
- ☐ Bananas
- ☐ Canned wild red salmon
- ☐ Cod & parsley fish cakes
- ☐ Frozen winter vegetable mix

#### Waitrose LOVE life

- ☐ Wholemeal & seeds medium sliced bread

#### Waitrose

- ☐ Free range eggs
- ☐ Thick & creamy yogurts
- ☐ Chunky Tuscan bean soup
- ☐ Quiche lorraine



For more information on nutrition and health, visit [waitrose.com/nutrition](https://www.waitrose.com/nutrition).



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